



90 Orville Drive Bohemia, N.Y. 11716

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Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

June 20, 2005

Dear Sir or Madam:

This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Symetry High Protein Energy Shake supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Life's Finest, Met-Rx, Natural Wealth, Naturalist, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, Radiance, Rexall, Sundown, US Nutrition, Vitamin Depot, Vitamin World, and WorldWide Sports:

Ingredients: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B-6, Folic Acid, Vitamin B-12, Biotin, Pantothenic Acid, Calcium, Iron, Phosphorus, Iodine, Magnesium, Zinc, Copper, Sodium, Potassium, Caffeine, Green Tea Extract, Quercetin, Blueberry, Cranberry, Pomegranate, Raspberry, Strawberry, Broccoli, Carrot, Kale, Resveratrol, Spinach, Tomato, Wild Blueberry

- Helps support energy metabolism
- Supports Lean Muscle
- Helps Maintain Energy Levels Throughout the Day
- Provides an Excellent Source of Protein While Boosting Energy
- This high-energy formula will give you the jump start you need to help you put your most energetic foot forward all day long.
- Symetry High Protein Energy Shake supplies a heaping portion of protein to support lean muscle and aid you in maintaining your active lifestyle.
- Whether you're a fitness lover who's looking to make the most of your workout, or a diligent employee trying to remain energetic throughout a grueling shift, Symetry High Protein Energy Shake is a synergistic blend of caffeine and protein, designed for those who may be craving a fresh bout of energy in their day.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Angelica S. Vrablic, Ph.D.
Manager, Nutrition Research

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